

THE DRAGONFLY'S DEN

Pause Before You Act

An Anxiety Urgency Check-In

When anxiety is high, something can feel urgent simply because it feels uncomfortable. Use this page to slow the moment down and decide what actually needs your attention.

What is happening right now?

What am I feeling the urge to do?

What am I afraid might happen if I do not act immediately?

What do I actually know right now?

What am I assuming, predicting, or filling in because I do not have an answer yet?

Is there an actual immediate risk to my safety, health, finances, responsibilities, or another person?

☐ Yes ☐ No ☐ I'm not sure

If yes, what specifically requires action now?

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Choosing the next reasonable step

If there is no immediate risk, how long could I reasonably wait before deciding what to do?

☐ 10 minutes

☐ 30 minutes

☐ A few hours

☐ Until tomorrow

☐ Until I have more information

☐ Something else: _____

What might help my body settle while I wait?

☐ Take a few slow breaths

☐ Move my body

☐ Put my phone down

☐ Write down my thoughts

☐ Rest

☐ Step outside

☐ Drink water or eat something

☐ Talk with someone I trust

☐ Do something that needs my attention

☐ Something else: _____

After I pause, I can ask myself again:

Does this actually need action right now, or does it just feel urgent?

What is the next reasonable step?

A reminder:

You do not have to solve every uncertain thing the moment you feel it. Sometimes the healthiest response is action, sometimes it is gathering more information, and sometimes it is allowing yourself to wait.